

basic structure and energy resources, which are protected by lines of resistance, normal line of defense, and flexible line of defense organized in a concentric circle. These lines of resistance and defense and the dynamic relationships among five variables of the system (physiological, psychological, sociocultural, developmental, and spiritual) determine how the client responds to stressors. Nursing's role is to help the client system in relation to stressors, reactions, or reconstitution in the modes of primary, secondary, and tertiary prevention.

[Sources: Neuman, B. (1998). *The Neuman systems model* (4th ed.). Norwalk, CT: Appleton & Lange.]

NEWMAN, MARGARET

Newman developed her theory of health as an expanding consciousness, drawing ideas from Rogers' holistic and unitary view of humans, David Bohm's notion of implicate and explicate orders of universe, and Young's idea of the acceleration of evolution of consciousness. Newman conceptualized consciousness as pertaining to all information of a system that specifies the system's capacity to interact with its environment. Consciousness as the essence of all things that exist, including humans, is embedded within time, reflected in movement. Health as expanding consciousness is manifested in human experiences in time and space, and is expressed as transformation to a more highly organized pattern of the whole. Newman proposed a hermeneutic, dialectic approach to study health and nursing aimed at pattern recognition, and a participatory research engagement that is itself a human experience of transformation.

[Sources: Newman, M. A. (1990). Newman's theory of health as praxis. *Nursing Science Quarterly*, 3, 37–41; Newman, M. A. (1994). *Health as expanding consciousness* (2nd ed.). New York: National League for Nursing.]

OREM, DOROTHEA E.

Orem's general theory of self-care consists of three interrelated sub-theories: the theory of self-care, the self-care deficit theory, and the theory of nursing systems. These theories are founded upon the concept of self-care, which refers to "the practice of activities that individuals initiate and perform on their own behalf in maintaining life, health, and well-being." The theory of self-care is structured